

Abstract

Title: The effect of „neutral player" in the small-sided game 4 on 4 in handball

Objectives: The main objective of this work is to analyze the characteristics of internal and external loads. The load is analyzed in the framework of small-sided games in team handball for women DHK Zora Olomouc. Diploma thesis partially continues and develops the work of bachelor *Intensity loads of players in modifications handball* from 2013 and this work is developing in many ways. Small-sided games are extended by „neutral player" and compared the effect of this player in individual games. For deciding whether the effect of „neutral player" significant or not it is used test statistics.

Methods: In this thesis, the method of observation to track phenomena that are directly available to sensory perception. Furthermore, the method of questioning when based on forward-known indicators survey participants are asked about their assessment. The acquisition values of heart rate is used meter Polar Team 2. Finally, the method of data analysis for examining and identifying relationships between the data obtained.

Results: During this study it was found that the involvement of „neutral players" in small-sided games is statistically insignificant. It does not contribute to the improvement of physical fitness. The results were confirmed both by the subjective perception of loads using the values Borg scale and with an objective perception of loads using the values of heart rate.

Keywords: „neutral player“, small-sided games, sports training, handball